

# Easy Plant-Based Mince Loaded Fries

with Coconut Yoghurt, Caramelised Onion & Jalapeño Salsa

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Red Onion



Carrot



Tomato



Pickled Jalapeños (Optional)



Baby Spinach Leaves



Sweetcorn



Plant-Based Mince



All-American Spice Blend



Plant-Based Coconut Yoghurt



Plant-Based Smokey Aioli



Beef Mince

Prep in: 15-25 mins  
Ready in: 30-40 mins

Calorie Smart

Plant-Based\*  
*\*Custom Recipe is not Plant Based*

Turn oven fries into a meal by loading them up with plant-based mince that's been busy cooking with carrot and our All-American spice blend for a sweet and smoky depth of flavour. Add the finishing touches with a spoonful of a Calorie Smart quick caramelised onion and a juicy, colourful salsa which you can make as mild or as spicy as you'd like.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
red onion	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
carrot	1	2
tomato	1	2
pickled jalapeños  (optional)	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based mince	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
plant-based coconut yoghurt	1 medium packet	1 large packet
plant-based smokey aioli	1 packet (50g)	2 packets (100g)
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2602kJ (622Cal)	393kJ (94Cal)
Protein (g)	25.5g	3.9g
Fat, total (g)	32.5g	4.9g
- saturated (g)	7.4g	1.1g
Carbohydrate (g)	51.5g	7.8g
- sugars (g)	22.9g	3.5g
Sodium (mg)	1512mg	228mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2695kJ (644Cal)	392kJ (94Cal)
Protein (g)	37.2g	5.4g
Fat, total (g)	33.1g	4.8g
- saturated (g)	10.2g	1.5g
Carbohydrate (g)	46.1g	6.7g
- sugars (g)	21.8g	3.2g
Sodium (mg)	988mg	144mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

3



## Cook the plant-based mince

- When the fries have **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince** and **carrot**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- Add **All-American spice blend** and cook, stirring, until fragrant, **1 minute**.
- Add the water and cook until slightly thickened, **2-3 minutes**.
- Meanwhile, combine **tomato**, **jalapeños**, **baby spinach leaves**, **corn** and a drizzle of **olive oil** in a medium bowl. Toss to coat. Season to taste.

**TIP:** Some like it hot, but if you don't, hold back on the jalapeños!

**Custom Recipe:** If you've swapped to beef mince, cook beef mince, as above with the carrot.

2



## Caramelize the onion

- Meanwhile, thinly slice **red onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to low. Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.
- While the onion is cooking, grate **carrot**. Finely chop **tomato**. Roughly chop **pickled jalapeños** (if using) and **baby spinach leaves**. Drain **sweetcorn**.

4



## Serve up

- Divide fries between plates.
- Load the fries up with plant-based beef, caramelized onion and **jalapeño** salsa.
- Top with **plant-based coconut yoghurt** and drizzle with **plant-based smokey aioli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2023 | CW52

